

August 2025

Bay County Department on Aging

# WONDERFUL TIMES...for all of us!

IN THIS ISSUE				
Department Corner2				
Events and more3				
Miscellaneous4				
Canteen5				
Kawkawlin6				
Williams7				
Riverside8				
Hampton9				
Menus11/12				

# **End of Summer Bash Picnic and Cornhole Tournament**

Join us

Thursday, August 21st from 3:00pm-6:00pm

Welcoming all to the Canteen Activity Center Pavillion, 800 Livingston Ave, for an end of the summer picnic!

Grab your best Cornhole partner and sign up!

Space is limited, sign up at the Department on Aging main office, 515 Center Ave, 2nd Floor by

Thursday, August 14th.

\$10 for Tournament and Dinner, \$4 for Dinner only

Sign in 3:00pm

Cornhole Tournament 3:30pm-4:30pm

Dinner 4:45pm

### Movie and Lunch Series at the Wirt

The Bucket List (PG-13)

Enjoy a delicious lunch while you sit back and view the movie on a big screen with surround sound.

### Friday, August 29th

Doors open at 11:30am, movie starts at 12:00 noon

Cost is \$5.00 (60 years and over) \$7.00 (59 years and under)

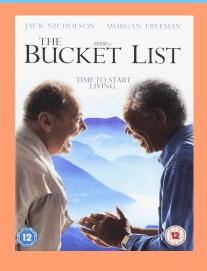
### **Reservations & Payment**

can *only* be made at the Bay County Department on Aging Main Office (515 Center Ave, 2nd Floor)

No refunds or carryovers.

Tickets go on sale:
Friday, August 1st at 10:00am

Registration Deadline:
Friday, August 22nd



### **WELCOME**— Department Corner

### What is a Senior?

Between the days of bingo and fun of cards, we find delightful creature call a "senior." Seniors come in many sizes, shapes and forms, but they all have one creed: to enjoy their visit every second of every minute of every hour of every day and to protest with their vocal cords (one of their main weapons) when the site coordinator tells them its time to eat.

Seniors are found everywhere—walking in malls, under their shrubs, inside their kitchens, climbing on buses, tracking down sales, running around town, or knitting one and purling two. Site managers love, them, some get mad at them, neighbors and families tolerate them, grandchildren adore them and heaven protects them. A senior is truth with their inquiring minds, beauty with a smile on their face, wisdom with a suggestion on their mind and the hope of the program with a twinkle in their eye.

When the site coordinator tries to get their attention, a senior is an intolerable, pestering, intruding jangle of noise. When the site manager wants them to accept her good plan, their brain turns to devilish questions or else they become whirling-dirvishes, bent on modifying the plan and the site manager with it.

A senior is a composite—they have the perseverance of a honeybee, the mind of a riverboat gambler, the intuition of a mindreader, the curiosity of a cat, the lungs of a dictator, the wisdom of time, the shyness of a violet, the audacity of a steel trap, the enthusiasm of a fire cracker and when they enjoy an activity they have wings on their feet.

Seniors love chatting, people, travel, visiting friends, grandchildren, gardens, sweet snacks, eating out, Saturday mornings, and life. They're not much for rules, being treated like children, promises, uncooked food, hard rock, missed meals, whiners, and boredom.

Nobody else is so early to rise or so late to dinner. Nobody else gets so much fun out of the Olympics, bazaars, games, and a chance to be with friends. No one else can cram into one cupboard a ton of projects to do, a piece of candy, a pile of letters to answer, recipe cards, a favorite dish, two decks of cards, a package of gum, and unused idea, a chunk of unknown substance, and a genuine pattern for an afghan they promise to

Seniors are magical creatures. You can lock them out of your kitchens or office, but you can't lock them out of your hearts. You can get them out of your hair, but can't get them our of your mind. Might as well give upthey are your friends, your partners, and your hope—these bingo playing, well-meaning wonders of your world. But when Friday arrives at your senior center and you are with the shattered pieces of your weeks, hopes, and dreams, a senior citizen can mend them like new with one simple phrase: "Thanks for caring about

> Wayne "Speed" Wilson Recreation and Youth Development

### Beth Eurich, Department on Aging Director

We welcome everyone to our Caregiver Education Meetings. Whether you are a caregiver, or a senior yourself and would like to learn what resources are available come attend our meeting. Meetings are held at the Bay County Building at 515 Center Ave Bay City, MI 48708 on the second floor from 1pm – 2pm. Call Jessica at 989-895-4100 to RSVP.

Our August topic will be Tips for bath time and personal care for those care for someone with dementia. Bath time is a very difficult time for those with memory loss or any type of cognitive issues. There is not a solution for every issue, but we are going to talk through what tips and tricks we have seen work. It is also great to hear from you and what has worked for you when helping your loved one with personal

care. Bring yourself, your story, and come to our group We look forward to seeing you there.

### Jessica Somerlott, Senior Services Manager

### **Events and more...**

### **Congratulations to our 2025 Summer Olympic Medalists!**

### **Pickleball**

Gold: Phillip Konkle, Ann Lynch

Silver: Jack Lewis, Kathy Washabaugh

Bronze: Rick Ringle, Amy Geyer

**Fishing** 

Gold: Doug Dewald (Largest), Mary Pawloski (Largest), Jeff Lynch (Total Inches), Ann Lynch (Total Inches)

Silver: Jeff Lynch (Largest), Jill Dugan (Largest), Kathy Washabaugh (Largest & Total Inches), George

Delorge (Largest)

Bronze: George Delorge (Largest), Linda Willis (Largest & Total Inches), Doug Dewald (Total Inches)

Putt-Putt Golf

Gold: Tom Krueger, Jeff Lynch, Doug Dewald, Eileen Krueger, Sue Osborne

**Silver:** Ken Helminiak, Ron Vantol, Renay Weigle, Billie Nelson **Bronze:** Joey Beson, Bob Kerkau, Ann Lynch, Margaret Raymond

**Shuffleboard** 

Gold: Jeff Lynch, Rich Phelps, Amy Geyer, Bab Dewald, Pat Sitkowski

Silver: Tom Krueger, Michael Krenz, Patti Krenz, Tuji Arnold

Bronze: Richard Criner, Eileen Krueger

<u>Horseshoes</u>

**Gold:** Tom Krueger, John Mockaitis, Amy Geyer **Silver:** Jeff Lynch, Doug Dewald, Ann Lynch

Bronze: Eileen Krueger

Cornhole

**Gold**: Jeff Lynch, Rich Phelps, Bob Kerkau, Eileen Krueger, Janet Dryzga, Billie Nelson **Silver:** Ken Helminiak, Doug Dewald, Charles Reinbolt, Kathy Washabaugh, Pat Sitkowski

Bronze: Tom Krueger, Donald Goulet, Ann Lynch, Ellen Helminiak

Golf

**Gold:** Thomas Krueger, Christopher Elzinga, Eileen Krueger, Marilyn Harder

**Silver:** Jack Lewis, Ken Burdett, Cheryl Behmlander, Jill Dugan **Bronze:** Norman Halstead, Jr, Rick Behmlander, Lorri Pieniozek

Cycling

**Gold:** Doug Dewald **Silver:** Eilleen Krueger **Bronze:** Kathy Washabaugh

Patty Gomez, Programming Services Manager



### **Miscellaneous**

# ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT GROUP OF BAY COUNTY:

Tuesday, August 12th, 2025 from 6:00 - 8:00 p.m.

Now meeting in-person at Golden Horizons 1001 Marsac St. Bay City, MI

Facilitator: Stacy McIntyre, LMSW ~ The support group meets the second Tuesday of

each month ~ For more information call 989-892-6644

### VIRTUAL CONNECTIONS

Do you have any questions about how to use your smart phone?

Department on Aging is providing a Virtual Connections class on Android phones and iPhones. We are accepting names for our next class in **September 2025**. This is a 4 week class with one on one coaching.

Classes will be located on the 2nd floor of the Bay County Building.
515 Center Ave. Suite 202
Bay City, MI 48708
Cost for the class will be \$20 for materials and meals.
Class size is limited.

Please call 989-895-4100 to get your name on the list. We hope to see you there!

### DONATIONS ACCEPTED

As you know, there is no annual subscription fee to receive this Wonderful Times Newsletter; however, we would be happy to accept any donation (whatever you

can afford) to help defray the cost of postage.



# FREE DEMENTIA TRAINING CLASSES IN AUGUST 2025:

# "Understanding Difficult Behaviors"

Wednesday, August 20, 2025 10:00 a.m. – 12:00 noon Class held at Golden Horizons, 1001 Marsac St., Bay City, MI. Call 989-892-6644 to register.

Complimentary adult day care available during class by reservation in advance. Funded by Region VII Area Agency on Aging and the Alzheimer's Fund of the Bay Area Community Foundation.



Having trouble reading this?

It may be time to see the eye doctor. This should be done at least once a year. Our vision changes as we age. Testing for eye conditions such as glaucoma and cataracts should be considered, as well as the possible need for eyeglasses.

Brought to you by:



Bruce McShane—Site Coordinator 989-892-6605

### **CANTEEN**

Tue-Thur 9:30am-1:30pm

800 Livingston Avenue (Bay County Fairgrounds) | Bay City, MI 48708

Tue. 10am Bingo

Wed. 10:00am Card games

Thur. 10:00am Shuffleboard and Crafts

# Join us for Shuffleboard every Thursday!



#### **Blood Pressure Clinic!!**

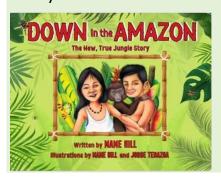
We will be at the Canteen on Tuesday, August 12th from 11:30am to 12:30pm!



Book Author—Mame Hill will discuss her book—"Down in the Amazon—The New True Jungle Story"

### Thursday, August 14th at 10:00am

Miss Mame is an American Poet, philanthropist, bilingual, military veteran and children's book author. After a decade of



battling lupus, then developing a brain tumor with a poor prognosis, a friend suggested a trip to the Amazon to try a natural approach to healing. The result is a wonderful story of healing and personal discovery. "Sue's Stichin and Crafts" Thursday, August 7th at 10:30am

# Crochet/Knitting and Crafts

First Thursday of every month.

Please bring your own yarn and supplies. There is no charge for this monthly event. Donations of yarn and supplies always welcome.

Please join us to try out

### **Battle Golf!!!!!**

Wednesday, August 6th at 10:30am



# August Birthday Celebration

Dessert will be served after lunch on Thursday, August 28th



Jan Davenport - Site Coordinator 989-245-0102

### **KAWKAWLIN**

Tue-Thur 9am-12:30pm

1800 East Parish Road | Kawkawlin, MI 48631

Blood Pressure Clinic!! We will be in Kawkawlin on Wednesday, August 13th

Wednesday, August 13th from 11:00am to 12:00pm!



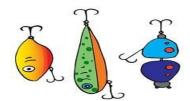
**Daily** Puzzles, Board Games and Cards



# Let's Go Fishing

Word Search











**BASS BITE BLUEGILL BOAT BOBBER CARP CAST CATFISH CRAPPIE** HOOK **ICE LAKE LEECH LICENSE** LIFE JACKET LINE **LURE** MAP **MINNOW MOTOR PIKE POND RELAX SHORE SINKER STEELHEAD SWIVEL TACKLE TROLL WORM** 

# Rebekah Wieland- Site Coordinator 989-245-0290

# WILLIAMS Mon-Thurs 9am-1pm 1080 West Midland Road | Auburn, MI 48611

Mon. 10am Mexican Train Dominoes

**Tue.** 10am-Euchre

Wed. 10am Mexican Train Dominoes

**Thur.** 10am-Euchre

\*\*\*All Events Subject to Change.\*\*\*

Thursday, August 7th at 11am

Bryan Dixon returns as

Elvis!

We will also be having a raffle.

Rsvp by Wednesday, July 30th



### **Blood Pressure Clinic**

Will be here at
Williams
on
Thursday, August 14th
from 11:30am-12:30pm



August
Birthday Celebrations!
Thursday, August 21st
Join us for a
Tim Hortons Treat





# Please join us to try **Battle Golf!!!!!**

Wednesday, August 13th 10:30am

Cam Langenburg / Wanda Revolds -Site Coordinators

989-893-7070

### **Blood pressure clinic!!**

We will be at Riverside Monday, August 11th 11:30am until 12:30pm.



### ACRYLIC PAINTING CLASS

WITH **STEVE WOOD 'Old Faithful'** 

Monday, August 4th 1 Class available 9:30-12:30, Cost is \$20.50. Please RSVP by Thursday July 28

We will continue painting after lunch until 1:30 if needed.



Join us Monday, August 18th at 10am White Elephant Bingo

Whether its new, used (clean and functional) or edible (non-perishable, in a can, box, or company sealed



package) put in in a box or wrap it so nobody but you knows what it is. Must be worth at least \$3. One card per prize.

### RIVERSIDE

Mon-Fri 9am-2pm 800 J.F. Kennedy Drive | Bay City, MI 48706

Mon. 12pm Hand and Foot

9:30am Smear

Tues. 9am-12pm Knit/Crochet Group (Craft Room)

> 9:30am Bid Euchre 12:00pm Cribbage

Wed. 9:30am—12pm Euchre

Thurs. 12pm Dominoes

9:30am Pinochle

Fri. 9:30am-12pm Millie's Gin

12:30pm Scrabble

12:30pm Double Pinochle (being played at Comm Ctr.)

# Fall Centerpiece Class

Wednesday, August 13th at 10:00am

\$22 includes Lunch and Supplies RSVP By Thursday, August 7th



### Please join us to try **Battle Golf!!!!!**

Tuesday, **August 12th** 10:30am





# August Birthday Celebration!

Come in Friday, August 29th for your birthday treat! (Dine in Only)



### Karen Gettel—Site Coordinator 989-895-5968

\* Low impact exercise proves to reduce pain and stiffness. This class includes gentle range motion exercise. It will help keep joints flexible and muscles stronger. Increase energy and improve your overall outlook.

# Blood Pressure Clinic! We will be at Hampton on Friday, August 15th from 11:30am—12:30pm.



# Please join us to try **Battle Golf!!!!!**

Monday, August 11th 10:30am



## HAMPTON Mon-Fri 10am-2pm

801 West Center Rd. | Essexville, MI 48732

Mon. 11am Low-Impact Exercise\* with Laura

**Tue.** 10am Indoor Walking, Card Games and Coffee Hour

Wed. 10am Euchre—New Players Welcome

**Thur.** 10am Mexican Train Dominoes w/Ken and Wanda

Fri. 11am Low-Impact Exercise Class\* with Laura

# **Grocery Bingo**

Thursday, August 21 at 10:30am
Prize donations
are welcomed
\$.25 per card to play.

# **Fall Craft Day**

\$5.00 to cover supplies
Call site for more details.



Friday, August 15th at 10:00am



### August 2025

# **HOME DELIVERED MEALS** and ALL ACTIVITY CENTERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				(1) SWEET AND SOUR PORK (22) Steamed Brown Rice (16) Brussel Sprouts (7) Grapes (13) Whole Wheat Bread (10)
(4) CHICKEN & PASTA ALFREDO (21) Broccoli Florets (4) Fruit Cocktail (17)	(5) SLOPPY JOES (8) ON A WHOLE WHEAT BUN (25) Oven-Baked Potato (33) Winter Blend Vegetables (5) Apple (21)	(6) HONEY MUSTARD PORK CHOP (12) Cheesy Mashed Potatoes (14) Venetian Blend Veggies (6) Pineapple Chunks (18)	(7) CHICKEN LASAGNA (23) Venetian Blend Veggies (6) Corn Muffin (21) Pistachio Fruit Dessert (29)	(8) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cubed Potatoes (18) Apple Slices (7) Orange Juice (13)
(11) ITALIAN SPAGHETTI SAUCE (8) Al Dente Spaghetti (20) Spinach (5) Pear (23)	(12) CHICKEN BREAST W/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas and Carrots (9) Tropical Fruit Salad (21)	(13) SWEET AND SASSY MEATBALLS (52) Diced Redskin Potatoes w/onion (13) Green Beans (5) Apricots (15)	(14) TENDER BEEF TIPS (8) Buttered Noodles (13) Glazed Carrots (10) Gelatin Cup (5) Orange Juice (13)	(15) CHICKEN FINGERS (39) Baked Potato (24) Garden Green Peas (11) Chocolate Pudding (25)
(18) BAKED CHICKEN BREAST (1) Spring Rolls (14) Cauliflower (4) Apple (29)	(19) CLASSIC CHEESEBURGER (0) ON A WHOLE WHEAT BUN (25) Tator Tots (15) Broccoli (4) Ranger Cookie (25)	(20) SAUERKRAUT AND POLISH SAUSAGE (23) California Blend Veggies (4) Whole Wheat Dinner Roll (23) Peach (16)	(21) BAKED TURKEY (3) Mashed Potatoes (17) w/Turkey Gravy (2) Green Beans (5) Applesauce (23)	(22) ALMOND MANDARIN SALAD (37) Strawberry Pineapple Jello (26)
(25) BREADED COD (14) Cheesy Mashed Potatoes (14) Mixed Veggies (11) Mandarin oranges & pineapple chunks (20)	(26) ASIAN CHICKEN (30) Steamed Brown Rice Spring Rolls (14) Chunky Applesauce (22)	(27) ITALIAN STEAK SANDWICH (4) Whole Wheat Hamburger Bun (25) Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	(28) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli Florets (4) Banana Pudding (25)	(29) HOT DOG (1) WITH CONEY SAUCE (6) On a Whole Wheat Bun (19) Tater Tots (17) Peas & Pearl Onions (12) Pear (23)

### **REMINDER** for Home Delivered Meals clients:

- \*You must be home when meals are delivered. We will not leave your meal.
- \*When absence is unavoidable, please call the main office at 989-895-4100 to cancel meal delivery for that day.
- \*Suggested Donation for HDM: \$2.75 per meal.
- \*Menu is subject to change without notice. \*Please be advised, Menu items may contain Nuts!

### Salad

**Available at the Activity Centers only** 

### Salad Choice for the week:

# WEEK OF 8/4-8/8 TACO SALAD

Seasoned Beef Corn, Black Beans Crushed Taco Chips

### WEEK OF 8/11-8/15 STRAWBERRY ALMOND SALAD

Spinach, Iceberg Lettuce Strawberries, Sliced Almonds Poppy Seed Dressing

### WEEK OF 8/18-8/22 CHEF SALAD

Smoked Ham/Turkey Breast Cheddar Cheese Hardboiled Egg, Seedless Cucumber, Grape Tomato Ranch Dressing

# WEEK OF 8/25-8/29 BACON RANCH SALAD

Grape Tomato's
Hard Boiled Eggs
Green Peas, Cucumber
Diced Bacon, Cheddar Cheese, Croutons
Ranch Dressing

Smart Food Portions for Seniors in August As the summer heat peaks, it's important for seniors to eat smaller, nutrient-packed meals. Aim to fill half your plate with fresh, seasonal produce like tomatoes, melons, cucumbers, and berries—each serving is around 1 cup raw or ½ cup cooked. Include a 3–4 ounce portion of lean protein (grilled fish, chicken, legumes, or eggs) and add ½ cup of whole grains like brown rice or whole wheat bread for energy. Visual cues—such as your palm for protein, fist for vegetables, and cupped hand for grains—can help keep portions in balance.

Hydration is essential: sip water throughout the day and include high—water foods like watermelon and cucumbers. Limit salty and sugary snacks that can elevate blood pressure or blood sugar—opt instead for naturally sweet options like fresh fruit or homemade smoothies. By keeping portions moderate and focusing on fresh, seasonal ingredients, seniors can stay energized, hydrated, and comfortable during August's warmer days.

Jessica Foss, Nutrition Services Manager

### August 2025

Menus are subject to change without notice

ALL LUNCHES SERVED AT 12 NOON.

Suggested Donation at Activity Centers: \$2.50 per meal

Reservations by 1pm one day in advance by calling the Activity Center of your choice.

For Monday reservations please call no later than 1pm the **Friday before**.

Please be advised that Menu items may contain nuts!

All menus are certified by Region 7's Registered Dietitian.

#### TEMPORARILY AWAY?

The <u>Wonderful Times</u> newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If you plan to be away or are moving, please call the main office at (989)895-4100.

BAY COUNTY DEPARTMENT ON AGING SECOND FLOOR, BAY COUNTY BUILDING 515 CENTER AVENUE, SUITE 202 BAY CITY, MI 48708-5123

Return Service Requested

PRESORT STD US POSTAGE PAID BAY CITY, MI PERMIT NO. 184

### WONDERFULTIMES

### **MISSION STATEMENT**

Bay County Department on Aging is dedicated to providing a supportive and professional environment with continued opportunities for the 60 years and better population within our community by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

USPS 184
WONDERFUL TIMES is
Published at Department on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
989-895-4100
Toll-Free 1-877-229-9960
Like us on Facebook
divonaging@baycountymi.gov
www.baycountymi.gov/Aging/

**Donations** Accepted

County of Bay Jim Barcia County Executive

Department on Aging – Publisher Beth Eurich – Director/Editor Amanda Goulet – Distribution Jonelle Box – Layout Liturgical Publications, Inc. - Printer



The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at <a href="https://www.baycounty-mi.gov">www.baycounty-mi.gov</a>.